

DIABLO AQUATICS  
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET  
MARCH 14<sup>th</sup>, 2021



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-034**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**The local facilities guidelines restrictions and interpretation of the local public health guidelines shall be followed at this meet.**

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**NOTICE:** By entering this meet, the Athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. **The results of this meet will be posted on PacSwim.**

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**      *Meet Referee:* Leo Lin                      *Head Starter:* Tony Fisher  
                                 *Meet Marshal:* Jason Kamp                      *Admin Official:* Angela Cardenas  
                                 *Meet Director:* Anne Wight, [wight@sbcglobal.net](mailto:wight@sbcglobal.net)

**LOCATION:** Dougherty Valley High School – 10550 Albion Dr., San Ramon

**DIRECTIONS:** From I-680 take Bollinger Canyon Rd East. Turn left on Albion Dr.

**COURSE:** 25 yard pool with up to 4 lanes available for competition. An additional 13 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is minimum 7' at the start end and minimum 7' at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** Session #1 will begin at 9:00AM with warm-ups from 8:00 - 9:00AM. Session #2 will begin at 1:00PM with warm-ups from 12:15 - 1:00PM. A maximum of two (2) athletes shall be permitted per warm-up lane. The athletes shall start from opposite ends of the pool.

**RULES:** • Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.

- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- All events are timed finals.
- Athletes may compete in 4 events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated timeline, per the “Four-Hour Rule,” based on the Athletes age and gender, or when the number of entered athletes meets the maximum facility capacity as determined by facility/local health restrictions.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- **Boys and Girls events may be combined by the Meet Referee with the concurrence of the DA Coaching staff.**

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a high school athlete in season, you need to be Unattached from this meet. It is the athlete’s responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**UNACCOMPANIED ATHLETES:** Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of Athlete supervision during warm-up, competition and warm-down. If a Coach-Member of the Athlete’s USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete’s legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete’s USA Swimming Club Member-Coach.

**RACING STARTS:** Athletes must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the Athlete or the Athlete’s legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by Athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck Changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/Coach areas, Spectator areas and open ceiling locker rooms) any time Athletes, Coaches, Officials and/or Spectators are present.
- No Spectators will be allowed.
- No Locker rooms will be available for changing.
- Bathrooms will be available for use, one person at a time and will be sanitized after each use and cleaned between sessions.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the Athlete with the registration and times database. The meet host will check all Athlete registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.

- Meet is open only to qualified athletes registered with Diablo Aquatics. Athletes who are unattached but participating with Diablo Aquatics are eligible to compete.
- Entries with **"NO TIME" will be accepted.**
- Disabled Athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such Athletes must have met standards for the 17-18 age group.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** \$47 per athlete. No refunds will be made except mandatory scratch downs.

**ENTRIES:** All entries will be communicated directly to the coaching staff in person or through email no later than Sunday, Feb. 28 at noon. Meet fees will be billed directly to athletes' club account. Entries may be emailed to [chris@diabloaquatics.com](mailto:chris@diabloaquatics.com).

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to their designated cohort location at their designated arrival times to be communicated by the coaching staff.

**SCRATCHES:** Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

**AWARDS:** None.

**ADMISSION:** No spectators allowed.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

**EVENT SUMMARY:**

SUNDAY		
Open	Open	Open
50 BR	100 BR	200 BR
50 BK	100 BK	200 BK
50 FL	100 FL	200 FL
50 FR	100 FR	200 FR
100 IM	200 IM	400 IM
		500 FR
		1000 FR

**ORDER OF EVENTS:**

<b>Sunday, March 14</b> <b>Session #1, Senior 2</b>		
EVENT #	EVENT	EVENT #
87	50 FR	88
89	100 FR	90
91	100 BR	92
93	100 BK	94
95	100 FL	96
97	200 IM	98
99	200 FR	100
101	200 BR	102
103	200 BK	104
105	200 FLY	106
107	400 IM	108
109	500 FR	110
111	1000 FR	112

<b>Sunday, March 14</b> <b>Session #1, Senior 1 "A"</b>		
EVENT #	EVENT	EVENT #
113	50 FR	114
115	100 FR	116
117	100 BR	118
119	100 BK	120
121	100 FL	122
123	200 IM	124
125	200 FR	126
127	200 BR	128
129	200 BK	130
131	200 FLY	132
133	400 IM	134
135	500 FR	136
137	1000 FR	138

<b>Sunday, March 14</b> <b>Session #1, Senior 1 "B"</b>		
EVENT #	EVENT	EVENT #
139	50 FR	140
141	100 FR	142
143	100 BR	144
145	100 BK	146
147	100 FL	148
149	200 IM	150
151	200 FR	152
153	200 BR	154
155	200 BK	156
157	200 FLY	158
159	400 IM	160
160	500 FR	162
161	1000 FR	164

<b>Sunday, March 14</b> <b>Session #2, Age Group</b>		
EVENT #	EVENT	EVENT #
1	50 FR	2
3	50 BR	4
5	50 BK	6
7	50 FL	8
9	100 IM	10
11	100 FR	12
13	100 BR	14
15	100 BK	16
17	100 FL	18
19	200 IM	20
21	200 FR	22

<b>Sunday, March 14</b> <b>Session #2, Pre Senior "A"</b>		
EVENT #	EVENT	EVENT #
23	50 FR	24
25	50 BR	26
27	50 BK	28
29	50 FL	30
31	100 IM	32
33	100 FR	34
35	100 BR	36
37	100 BK	38
39	100 FL	40
41	200 IM	42
43	200 FR	44
45	200 BR	46
47	200 BK	48
49	200 FL	50
51	400 IM	52
53	500 FR	54

<b>Sunday, March 14</b> <b>Session #2, Pre Senior "B"</b>		
EVENT #	EVENT	EVENT #
55	50 FR	56
57	50 BR	58
59	50 BK	60
61	50 FL	62
63	100 IM	64
65	100 FR	66
67	100 BR	68
69	100 BK	70
71	100 FL	72
73	200 IM	74
75	200 FR	76
77	200 BR	78
79	200 BK	80
81	200 FL	82
83	400 IM	84
85	500 FR	86